



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Ziemann, Steffen

Club: Bad Langensalza

Number: 1384

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M50 (50-59 Jahre)

Total time: 54:35

Speed: 10.99 km/h

Running performance: 5:28 min/km

Rank in course/Total: 512 (of 686)

Rank in course/Men: 439 (of 543)

Best time in course: 29:39

Rank in category: 83(of 107)

Best time in the category: 39:41

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Runde	2.00	10:51	5:25	67	3:16	367	4:49	2.00	10:51	5:25	54	3:16	311	4:49
Runde	2.00	10:33	5:16	76	2:36	422	4:36	4.00	21:24	5:20	54	5:49	298	9:25
Runde	2.00	10:53	5:26	83	2:46	434	4:58	6.00	32:17	5:22	54	8:35	308	14:23
Runde	2.00	11:09	5:34	86	3:05	440	5:14	8.00	43:26	5:25	54	11:40	307	19:37
Leichtathletikhaf	2.00	11:09	5:34	90	3:14	460	5:19	10.00	54:35	5:27	83	14:54	439	24:56